CARE OF THE HEALTH.

Health in the Farm-house. The first danger to the farmer's health is that arising from overwork. This we are happy to say, is not as great as left to decay in the cellar, or the cessformerly. These long work-hours have been greatly modified by the introduction of labor-saving machinery, the use through untrapped pipes, or the woodof coal as fuel, and more especially by the general change in the hours of labor in all industries. Still, with all this improvement, the occupation of a farmer calls for much hard work, and the temptation of the ambitious is to strain his muscles till he finds them stiffened with rheumatism and himself "bunged up"—as he says of his horse that has been strained and lamed by overwork. Farmers seldom spoil their horses in this way; this is done by hirelings; and if they would have the same consideration for their own muscles which they the general change in the hours of labor tion for their own muscles which they three died. In the cellar were found of soda, one teaspoonful of cloves, twohave for those of their horses they half-decayed cabbages and other vege- thirds cup of raisins and a little cassia. would prolong life and enjoy it more. tables, half a barrel of old fish-brine, up for a succession of days and Time tion." will show him his revenges. Sufficient unto the day is the labor thereof.

Another drawback to the health of live on dry land, and did not the duck's house cleared of decaying chips, and, of half a teaspoonful of flour, with butter but if at any time their clothes are a little pains-taking .- Alex Hyde, in the with pepper and salt. soaked, or their feet are wet, change New York Times. the clothes and dry the feet. With the change give the body a good rubbing with a coarse towel. This will produce a glow on the skin, denoting a healthy reaction in the circulation of the blood. Most persons can stand a showering, but only the most vigorous can resist the chilling effect of evaporation from wet

being accused of inducing dyspepsia among them. It must be confessed that | chine or a grizzly bear. He was reticent, | Bake in a well heated oven. this disease is more prevalent among at first, in regard to his unseemly apfarmers than it ought to be. A few pearance; but, after being warmed a which are so relished by many as shortyears ago the Massachusetts Board of ittle, he said that about ten days ago cakes, may be prepared in this way: Health made a pretty thorough investi- he had started out on one of his expedi- Make a crust as for biscuit, roll out a gation of the diseases of farmers, tions, with the intention of being away half inch thick, cut in rounds or squares. and the causes of the same, perhaps a week or two. He built a After placing one layer of these on the and of the forty-nine physicians small shanty of hemlock boughs where tin, place another layer of the same size who replied to the question, "What he spent his nights, sleeping before his over them; put in the oven and bake. diseases are most prevalent among the camp fire. The warm weather had not When done, these layers are easily agricultural class," 28 mentioned rheu- melted all the snow in the depths of the separated, and any kind of stewed, canmatism, 12 mentioned pneumonia and forest where he was, and one morning ned or preserved fruit may be placed typhoid fever, and 10 dyspepsia. Of he noticed the footprints of a large between them, and they are very conthe causes of these diseases, overwork animal, supposing at first that they were venient when one has not time to pre is mentioned by 26, improper diet by 22, exposure by 18, sanitary defects amination, Lascar knew that a very large about the premises by ten. Work in panther had passed. Animals of this core six or eight large, tart apples, put the open air ought to enable the farmer species have rarely been seen in this into a deep dish, pour over a cup of hot to digest fried pork, ham, pot-luck, neighborhood of late, many old woods- water, cover, place in a moderate oven, baked beans, or any thing he is pleased to eat, and he would digest them much better if he took more time for his State. meals, but he is apt to be in a hurry, and, consequently, bolts down his food the trail, but his hunter instincts got the without sufficient mastication, and mix- better of his caution, and he started. ing with saliva. Hence his stomach is Over the pathless wilderness he wantaxed unduly to perfect what the teeth dered for several hours, passing at length and glands of the mouth left unfinished. a place where the animal had caught a The evil also is partly hereditary, for pheasant and left its blood and feathers his ancestors have done this before him, scattered on the snow. The trail was and have transmitted diseased powers fresh, and the hunter increased his cau- thin, crust and all, and butter lightly on of digestion. "If I ever prayed for tion, moving watchfully and slowly. In both sides; butter a baking-dish and any thing fervently," said a friend, "it a few minutes he stopped in a narrow was that my children might not inherit ravine having high rocky walls on either slices of bread all over the dish, sides dyspeptic transmission, both in selecting The footprints that he had been follow- pound of raisins, and slice very thin their diet and taking time to eat it. A | ing all led to a hole in the rocky wall. | two ounces of citron, which mix thorlittle social pleasure at meals may con- Standing at a distance, he threw a stone oughly and scatter thinly over the bread sume some time, but will save some into the hole, getting in response a snarl and butter; then build it up this way: medical bills. While on this matter of and a hiss that was not over-comfortadiet, we wish to say that farmers would ble to hear. After waiting a few min- milk, and one-half pound of sugar, and find it greatly for their health to eat utes, the hunter climbed up, and looking more fruit and vegetables and less meat, into the darkness of the hole, saw a pair the bread, currants, etc.; put the bakespecially in the summer. Many of of fiery red eyes glaring at him. Then them have a notion that hard-working he raised his gun and with a hasty aim cook for three-quarters of an hour in a folks must eat meat three times a day. fired. The next instant he was knocked moderately heated oven. Est hot or An English laborer works just as hard, over, and before he could get on his feel cold. and is thankful if he gets meat once a again the animal was on him. It seized day. This he takes in the morning-if the gun with its teeth and breaking off he can get it—and for his dinner carries the nipple rendered the piece useless. into the field some bread and cheese, Then, first with one paw and then with and considers himself fortunate if he the other, the huge beast knocked the can wash down this dry food with a mug hunter about over the snow as a cat plays of White Horse, and visible from the of beer. A superfluity of meat tends with a mouse. Lascar tried to draw his railway. A very well known buthor reto an imflammatory condition of the hunting knife, but at every attempt he blood, and fevers may supervene. More was prevented by a sharp blow from one liberal rations of fruit and vegetables of the animal's paws. His face was will counteract this tendency.

enough, and pulmonary consumption is whole body covered with blood. At terrible, but these are chronic diseases length he managed to draw his knife and can be cured if taken early in hand, and plunge the blade deep into the but typhoid fever comes sneaking into beast's flank. It bounded away a few the house like a thief, through the kitch- feet, looked at the hunter a minute or en door, or privy vault, or up the cellar two, and trotted away, lifting one hind stairs, and, perhaps, most commonly leg very carefully and disappearing in through the sink-spout, and fastens on the woods. Lascar bound up his wounds his victims so slyly that before they are and, after a journey of nearly a day, reaware of his presence his death-grip is turned to his home.-N. Y. Sun. upon them. Miasm is the most subtle foes of the farmer's home. It is generated in his barn-yard, privy, cess-pool, cellar; soaks into his well, appears on his table in the form of limpid water: enters his bed-room by night and poisons the very air he breathes. Subtle as this foe is, his habits are known and his attacks may be prevented. It would seem at first thought that the air around a farm-house would necessarily be pure. and many farmers presume that it is. door, and left to ferment there lowed to waste about the buildings.

on the surface of the ground. In other cases the barn-vard is in close proximity to the house, which the fermenting manure fills with vile odors, or the privy is neglected, or vegetables are pool-a most fruitful bed of miasmsends its seeds of disease and death house is filled with decaying chips, the moldy smell of which is distinctly per-

to lead them to apply the ounce of pre- ful on a griddle. farmers is working in the rain. Wet vention. Keep the barnyard at proper clothes and wet feet have induced tuber- distance from the house, the privy well culous deposits in many lungs. Ducks lined with some absorbent, the cellar can live in water, but man was made to free from rotten vegetables, the woodfeathers shed water better than man's above all, see that no vile odors escape clothes, even this aqueous bird would the cesspool through the sink pipes into suffer from exposure to wet. Farmers the house. Health is too valuable a must go out more or less in all weather, | blessing to be sacrificed for the want of

A Pennsylvania Hunter's Battle with a Panther.

LAFAYETTE CORNERS, Pa., Jan. 16 .-Henry Lascar is an old hunter who has Much has been said of late years of boots cut into strips, his face seamed the cream-tartar, and pour in while it is farmers' diet, the everlasting pot-luck with ugly gashes, and his general ap- effervescing. Mix your dough and roll for dinner and fried pork for breakfast pearance indicating that he had been out half as thick as a cracker ought to those of a bear. But, after closer ex- pare pie. men believing that they are extinct not turning once or twice, and cook until only hereabouts, but throughout the tender. Have prepared one teacupful

stomach." Par- side, and trees growing so thickly over- and all; wash and pick one-half pound should think of this head that the spot was in deep shade. of currants, pick and stone one-half scored deeply at every stroke, his Rheumatism and dyspepsia are bad clothes soon torn into strips, and his

> COLD-SLAW .- One cup of milk, one half cup of vinegar, two or three beaten eggs, salt and pepper with a small piece of butter. In mixing the ingredients add the vinegar last. Put into a large frying-pan, bring to a scald, add the sliced cabbage and stir until well heated through. This is for one small head of cabbage. Mustard and oil may be added if liked.

THE Vermont Record says some of the and pay dearly for their presumption. best farmers in that State have almost But about many farm-houses we find doubled their hay crops by saving the the slops emptied out of the kitchen liquid manures which were formerly al-

DOMESTIC ECONOMY.

ways so as to form undivided rings, scientific and literary men. Their rep and pepper and serve.

Sour-MILK CAKE .- One pint of sour milk, two cups of sugar, two cups of ical jokes .- J. G. Wood, in Good Words chopped raisins, one-half cup of butter,

CANNED CORN FRITTERS .- Drain off No man should do two days' work in and filth generally, so that the smell the liquor from a can of corn, chop fine, one. He may possibly try it once with apparent impunity, but let him follow it when cleared out by the doctor's directions, and all Throat and Lung Affections, also a positive and radical cure for Consumption, Bronchitis, Catarrh, add three beaten eggs, a small cup of Asthma, and all Throat and Lung Affections, also a positive and radical cure for Nervous apparent impunity, but let him follow it | when cleared out by the doctor's direc- milk, a tablespoonful of melted butter, two tablespoonfuls of flour, and a tea-To thinking farmers it is enough to spoonful of baking powder. Season suggest these diseases and their causes with pepper and salt. Fry by the spoon-

TOMATO SOUP .- Have a gallon of nice soup from fresh beef, skim off the top, add two quart cans of tomatoes, put through a fine sieve, make a paste enough to mix, and stir into the soup as

CRACKERS .- To make good and healthful crackers, take, for five cups of good flour, one cup of melted butter; rub it well into the flour; then put one teaspoonful of soda in a bowl and pour a little warm water on it, and dissolve; been familiar with the forests in this have ready two teaspoonfuls of creamneighborhood for many years. He came tartar, and put a cupful of cold water into the village, on Monday last, into the bowl that has the soda in it; with torn clothes, the leather of his high when ready to turn into the flour, add having a conflict with a threshing ma- be, and cut in squares or small rounds.

FRUIT BISCUITS .- Fruit biscuits,

APPLE TAPIOCA PUDDING .- Pare and of tapioca by soaking in three teacupfuls Lascar hesitated at first to follow up of warm water for five or six hours, and pour over the apples after draining off most of the liquid from them. Bake un. 572 A WEEK. \$12 a day at home easily made. til the tapioca looks clear and a nice crust has formed on top. Serve with hard sauce.

BREAD AND BUTTER PUDDING. -Slice a stale loaf of baker's bread rather flour it lightly; lay a single layer of the make a mixture of four eggs, a quart of pour cold into the dish which contains ing-dish into a pan of water, and let it

How Scientific People Sometimes Amuse Themselves

There is a cairn, broken and battered, on the summit of the hills near the Vale fers in a very well known book to that cairn as a Danish monument, whereas I built it myself; and, by the sime token there is in the middle of it a flatiron without a handle. Jokes of this kind are very prevalent among scientific men. There is, for example, one d our best entomologists who prides hinself on his skill in manufacturing insects If they have wings, he discharges the color by chemical means and paints thm afresh. He substitutes various parts of various beings for those of the creatire which he manufactures, cutting ou from an old champagne cork any thin that may be found wanting. He one tried to palm off on me a most ingenous combination. The head was mad of cork, the wings were real wings, cly turned the wrong side upward, an the body had been taken to pieces, minted and varnished. Unfortunately or himself, this very clever forger of eromological rarities had visited one of thee houses where the celebrated carmal spider lives, and had added the legof a spider from Hampton Court to the od;, wings and antennæ of insects fromall parts of the world. The spider's lgs betrayed him, but the author of the etomological forgery was not in the last discon-

certed at the discovery of the fraud. There are no schoolboys who enjoy FRIED ONIONS .- Peel, wash, cut cross- joke half as much as your celebrated flour well and fry in drippings for about utation is too safe for cavil, and when ten minutes; drain, sprinkle with salt they get together they are as playful as so many kittens. The museum of the late Charles Waterton vasfull of zoolog-

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Consumption Cured. An old physician, retired from practice, having had placed in his hands by an East India missionary the formula of a simple vegetable remedy for the speedy and permanent Debility and all Nervous Complaints, after having tested its wonderful curative powers in thousands of cases, has felt it his duty to make it known to his suffering fellows. Actuated by this motive and a desire to relieve human suffering, I will send free of charge to all who desire it, this recipe, in German, French, or English, with full directions for preparing and using. Sent by mail by addressing with stamp, paging this page. dressing with stamp, naming this paper, W. W. Sherab. 149 Powers' Block. Rochester, N. Y.

Physicians Say It.—Vegetine gives an equal circulation of the blood. All physicians will agree that there is scarcely a disease but enough to mix, and stir into the soup as it boils. To prevent its being lumpy, take out a little of the soup and mix first with it. Boil twenty minutes. Season with pepper and salt.

that could almost instantly be disposed of if pure blood could be circulated generously through the parts affected. Now, this is the way in which Vegetine performs its wonderful cures. Vegetine is exclusively a vegetable compound, made from roots, herbs and

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It is a great thing to have what is called nerse, and nothing contributes more to the power of physical control thus named than Warner's Safe Nervine. It also relieves all kinds of pain, and cures headache and

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MARIA J. KIMBALL. MONTREAL, P. Q., Oct. 22, 1879.

I can vouch for the above statement in every particu-ar, and consider Vegetine the best Family Medicine now in use MOSES KIMBALL, Husband of Maria J. Kimball.

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Yours faithfully,

CHAS. E. BUTT

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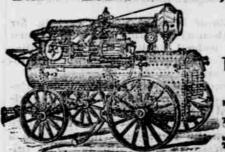
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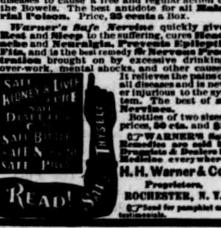
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